

The Northern Virginia Long-Term Care Ombudsman Program presents this  
**“Long-Term Care News & Tips Online”**

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Inside this issue, you will find:

- 1. Flu Shots for Nursing Homes Now Required by CMS**
- 2. Report Identifies Benefits of Increased Physical Therapy**
- 3. Pet Therapy Improves Symptoms of Depression**

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1. Nursing homes serving Medicare and Medicaid patients will have to provide immunizations against influenza and pneumococcal disease to all residents if they want to continue in the programs, according to a final rule published by CMS in the October 7, 2005 edition of the *Federal Register*.
2. According to an article in the March issue of *Archives of Physical Medicine and Rehabilitation*, researchers found that higher intensity levels of physical therapy resulted in better resident outcomes and shorter lengths of stay for some nursing home residents. Source: [www.mcknightsonline.com](http://www.mcknightsonline.com), March 24, 2005.
3. A study published in the *Archives of Gerontology and Geriatrics Supplement* suggested that frail elders in long-term care who participate in pet-therapy sessions experience a reduction in symptoms of depression. For example, the results showed that depressive symptoms improved in patients with animal interaction. Source: *Alzheimer's Care Guide* Nov./Dec. 2004.

Please note that the items are included for informational purposes only and do not imply endorsement by the Northern Virginia Long-Term Care Ombudsman Program or any governmental agency.

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Northern Virginia Long-Term Care Ombudsman Program

Intake line: 703-324-5861

Fax: 703-324-3575

TTY: 703-449-1186

Web site: [www.fairfaxcounty.gov/lombudsman](http://www.fairfaxcounty.gov/lombudsman)

E-mail: [nvltop@fairfaxcounty.gov](mailto:nvltop@fairfaxcounty.gov)

12011 Government Center Parkway, Ste. 708

Fairfax, VA 22035-1104

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